

WHAT IS CLAIMED IS:

1. A method of treating Polycystic Ovary Syndrome (PCOS) comprising:
identifying a subject suffering from PCOS; and
administering to said subject an effective dose of a composition comprising at least one chromium complex.
2. The method of Claim 1, wherein said chromium complex is selected from the group consisting of chromium picolinate, chromic tripicolinate, chromium nicotinate, chromic polynicotinate, chromium chloride, chromium histidinate, and chromium yeasts.
3. The method of claim 1, wherein said composition further comprises at least one chelating agent.
4. The method of claim 3, wherein said chelating agent is picolinic acid, nicotinic acid, or both.
5. The method of claim 4, wherein said chromium complex and said chelating agent are administered in a ratio of between about 1:10 and about 10:1 (w/w).
6. The method of claim 1, further comprising administering a cyclooxygenase inhibitor.
7. The method of claim 6, wherein said cyclooxygenase inhibitor is selected from the group consisting of indomethacin, ibuprofen, acetaminophen, and naproxen.
8. The method of claim 1, further comprising administering a mucolytic.
9. The method of claim 8, wherein said mucolytic is guaifenesin.
10. The method of claim 1, further comprising administering a salicin-containing herb.
11. The method of claim 10, wherein said salicin-containing herb is selected from the group consisting of *Boswellia serrata* (frankincense), *Betula lenta* (sweet birch), *Betula pubescens* (white birch), *Filipendula ulmaria* (meadowsweet), *Gautheria procumbens* (wintergreens), *Populus balsamifera*, *Populus jackii* (balm of Gilead) and *Salix alba* (white willow).
12. The method of claim 1, wherein said effective dose is between about 50 and about 10,000 micrograms.

13. The method of claim 1, wherein said composition is incorporated into a pharmaceutically acceptable carrier selected from the group consisting of a tablet, capsule, microbead, emulsion, powder, granule, suspension, syrup, and elixir.

14. The method of claim 1, wherein said composition is incorporated into a microbead.

15. The method of claim 14, wherein said microbead is a sugar beadlet or microcrystalline cellulose beadlet and said chromium complex is coated on said beadlet.